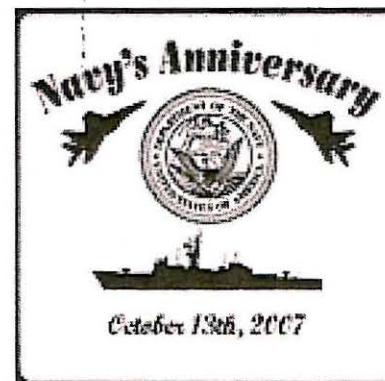
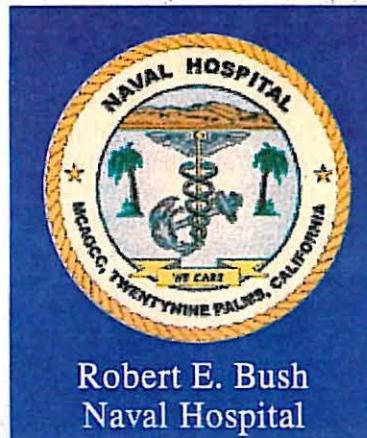


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Welcome to the Naval Hospital--Bridgeport!

On Oct. 1st the Branch Clinic at the Marine Corps Mountain Warfare Training Center (MCMWTC) will realign under the command

of the Naval Hospital Twentynine Palms.

With a staff of two civilian employees and 14 military staff led by Navy Physician, Lt.

Hospital Increases Outpatient Services

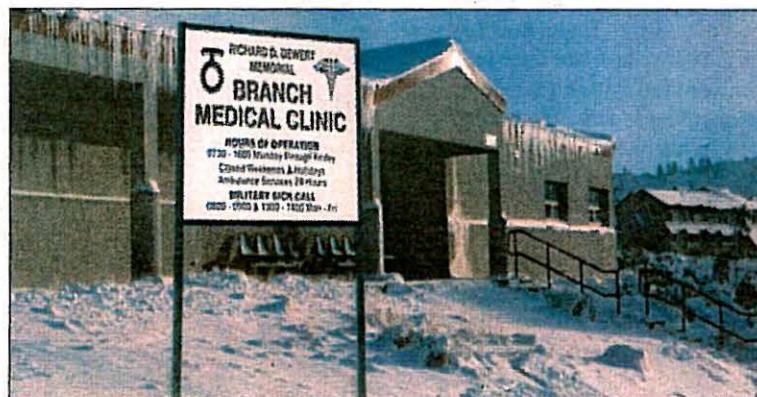
*By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital*

To maintain high quality medical care and increase the business efficiency of delivering that care to patients, Naval Hospital Twentynine Palms will be changing its hours of service in ancillary care and increasing the number of available appointments.

How is that possible, you ask, when the hospital is already open 24-hours a day, 7-days a week, 365-days a year? It's true some sections of the hospital never close such as the Emergency Medicine Department and the Inpatient Care wards; however, there are services which are open only during the normal working hours for routine services... such as the outpatient clinics and some ancillary services in the Laboratory, Radiology and Pharmacy. The hours of these services will now begin at 7:30 a.m. and close at 4:30 p.m.

When the namesake of this hospital, Robert E. Bush, was starting out in business, following his military service, he and his partner decided that they needed to add an additional day to their already 7-day work week... According to Mr. Bush, they accomplished this seemingly impossible task by each taking turns one day a week of working a 24-hour shift. It worked for them...but for the Robert E. Bush Naval Hospital we don't have to take such drastic measures, our new working hours will be from 7:30 a.m. to 4:30 p.m., and will con-

Continued on page 7



Cmdr. Peter Bleyer, the Branch Clinic provides medical support to approximately 250 permanent party active duty and family members. In addition, some health care is provided for local military retirees in the area.

This will be the hospital's second Branch Clinic as Branch Health Clinic China Lake was realigned from Port Hueneme to the Naval Hospital here shortly after moving into its current location in 1993.

This current realignment is following the Marine Corps Air Ground Combat Center's take over of the command responsibilities for Bridgeport from Camp Pendleton.

According to the Marine Corps Mountain Warfare Training Center history the facility is one of the Corps most remote and isolated posts.

The Center was established in 1951 as the Cold Weather Battalion with a mission of providing cold weather training for replacement personnel bound for Korea. After the Korean Conflict, the name was changed to the "Marine Corps Cold Weather Training Center." As a result of its expanded role, the Center was renamed "Marine Corps Mountain Warfare Training Center" in 1963. MCMWTC operated on a full-

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Inside...

October is Domestic Violence Awareness month. Everyone recognizes that battering, pushing or sexually assaulting your spouse is considered domestic violence, however, emotional abuse is very often overlooked as a form of domestic violence. *page 2*

New parents covered under TRICARE Prime have a lot of priorities competing for their attention, but TRICARE enrollment should be near the top of their checklist. *page 3*

Are you aware that colds, flu, most sore throats, and bronchitis are caused by viruses? *page 7*

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Here's to your health...

What is Emotional Abuse, and How to Identify It

By Martha Hunt, M.A. Health Promotions Coordinator
Robert E. Bush Naval Hospital

October is Domestic Violence Awareness month. Everyone recognizes that battering, pushing or sexually assaulting your spouse is considered domestic violence, however, emotional abuse is very often overlooked as a form of domestic violence. Verbal and emotional abuse does not leave physical evidence like physical abuse; however, it can be just as painful and can take more time to recover than physical abuse.

Emotional abuse is where one partner continuously degrades or belittles the other, accuses the other of being stupid, unattractive, a bad parent, unfaithful or any other perceived fault. Emotional abuse always leads to physical abuse sooner or later!

These are some examples of emotional abuse. Does your mate ever ignore your feelings, disrespect you, ridicule or insult you then tell you it's a joke, or that you have no sense of humor? Does your mate ridicule your beliefs, religion, race, heritage or class?

Do they ever withhold approval, appreciation or affection or give you the silent treatment? Do they walk away without answering you? A very clear sign of emotional abuse is when your spouse criticizes you, calls you names, yells at you, or humiliates you privately or in public. Do they roll his or her eyes when you talk or give you a hard time about socializing with your friends or family? Does your spouse make you socialize just to keep up appearances even when you don't feel well?

Does your spouse ever seem to make sure that what you really want is exactly what you won't get? Do they tell you that you are too sensitive or hurt you especially when you are down?

Do they seem to get pleasure by fighting, while fighting exhausts you?

Does your mate have unpredictable mood swings, alternating from good to bad for no apparent reason and then present a wonderful face to the world and is well liked by outsiders? Do they twist your words, somehow turning what you said against you? Does your mate try to control decisions, money, even the way you style your hair or wear your clothes?

Does your spouse complain about how badly you treat him or her and then threaten to leave, or threaten to throw you out? Do they say things that make you feel good, but then do things that make you feel

bad? Has your mate ever left you stranded without a ride or hidden the car keys from you?

Has your mate ever threaten to hurt you or your family or hurt your pets or abused something you love: a pet, a child, or an object? Have they ever hit or pushed you, even "accidentally"? Do they seem to stir up trouble just when you seem to be getting closer to each other?

Does your mate compliment you enough to keep you happy, and then criticize you enough to keep you insecure? Do they purposely hurt you, and then promise to never do something hurtful again? Does your spouse accuse you about imagined affairs? Do they manipulate you with lies and contradictions?

Does your spouse destroy furniture, punch holes in walls, break appliances or drive like a road-rage junkie? Do they act immature and selfish, and then accuse you of those behaviors? Does your mate question your every move and motive, making you feel unfit or incompetent?

Does your mate not really ever listen to you? Does your spouse

make you feel like you can't win? Damned if you do, damned if you don't? Are there drugs and/or alcohol involved in their abuse patterns? Are things worse when your mate is drunk or high?

Does your mate incite you to a rage, which is "proof" that you are to blame? Do they try to convince they are "right," while you are "wrong?" Do they say things that they later deny and then accuse you of misunderstanding? Does your mate treat you like a sex object, or as though sex should be provided on demand regardless of how you feel?

Your situation is critical and you need to get help if the following applies to you. Do you express your opinions less and

less freely? Do you find yourself walking on eggshells, careful of when and how to say something? Do you hope for a softer side of your mate to emerge? Do you find yourself making excuses for your partner's behavior?

Do you feel emotionally unsafe or feel it's somehow not OK to talk with others about your relationship. Do you hope things will change, especially through your love and understanding? Do you find yourself doubting your own memory or sense of reality? Do you doubt your own judgment and abilities? Do you feel vulnerable, insecure, depressed, or trapped and powerless? Are you afraid of your partner or has he or she ever physically hurt you, even once?

If you feel your relationship may be verbally and emotionally abusive, talk to people you trust. Talk to a trusted friend or access the services listed below. Educate yourself and seek professional help. Do not allow verbal and emotional abuse to become physical violence! Remember! Emotional abuse always leads to physical abuse sooner or later.

For more information or to help yourself or a friend, you can contact The Family Advocacy Program at 830-6345. You can also call the Domestic Violence National Hotline at 1-800-799-7233 for information about local services available to you.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Signing up For TRICARE Prime for New Families Should be Top Priority

By CiCi Moore
TriWest Healthcare Alliance

New parents covered under TRICARE Prime have a lot of priorities competing for their attention, but TRICARE enrollment should be near the top of their checklist. Parents have 60 days from the date of birth or adoption to enroll their new bundle of joy in TRICARE Prime. Otherwise, on the 61st day, the child will be covered by TRICARE Standard. TRICARE beneficiaries should

follow these two simple steps for Prime enrollment:

Step 1 -- Enroll Child in DEERS

To register a new child in DEERS, obtain a copy of:

- * The child's birth certificate; OR
- * Certificate of live birth; OR
- * Adoption papers; AND
- * Complete a DD Form 1172 (Application for Uniformed Services Identification Card and DEERS Enrollment). This form should be notarized if the new enrollee does not live with the sponsor.

File these forms with the base personnel office. If the sponsor is deployed or TDY, the other parent or guardian should be prepared to show power of attorney to register the child.

Step 2 -- Enroll Child in TRICARE Prime

Once the child is enrolled in DEERS, he or she can be enrolled in Prime. Parents should complete a DD Form 2876 (TRICARE Prime Enrollment Application and PCM Change Form) for the new child.

Select the first and second preference for a Primary Care

Manager (PCM), as final PCM assignment is dependent upon provider availability and local Military Treatment Facility (MTF) policy.

Active duty family members who would like to receive medical care from an MTF PCM should contact the Managed Care Office at their MTF or TSC before submitting the enrollment application. MTF provider assignments are coordinated by the Managed Care Office at the MTF or through the local TSC. MTF providers are not listed in the online Provider Directory.

Sign and date the form in either blue or black ink. Forms that are not signed and dated are considered incomplete and will be returned, delaying the enrollment process. Mail the complete form to:

TriWest Healthcare Alliance
P.O. Box 41520
Phoenix, Arizona 85080-1520

Beneficiaries who have questions or need more information on Prime enrollment should visit the beneficiary services section of www.triwest.com or call 1-888-TRIWEST (874-9378).

Top 10 TRICARE Frequently Asked Questions on TriWest.com

By Brian P. Smith
TriWest Healthcare Alliance

What's the difference between Prime and Standard coverage? What is the status of my authorization or referral?

Has my claim been processed? How do I change Primary Care Managers?

These are just a few of the most frequently asked questions by TRICARE beneficiaries.

Now beneficiaries can find these answers anytime, anywhere, because the top ten most frequently asked questions (FAQs) are available on the Beneficiary Services section of www.triwest.com. This is one more option for beneficiaries seeking information about their TRICARE benefits.

Visitors may also download forms, find a provider, or search for benefit and healthy living information. Registration on www.triwest.com offers a secured log-in for users to track their personal TRICARE information, including claims and referral status.

Registration is quick and easy.

Beneficiaries can select the "Log In" button from the main page of www.triwest.com and

...Other features for registered users include the ability to make automatic payments, track authorizations and referrals, check claim status, update other health insurance information (OHI)...

check claim status, update other health insurance information (OHI). After logging in, users can print out explanation of benefits (EOB) statements. TriWest also offers a secured e-mail system for specific claims or benefit questions.

As the needs and concerns of TRICARE beneficiaries change, so will the FAQ list. For those who prefer

speaking directly with TriWest's friendly customer service representatives, they stand ready to serve you at 1-888-TRIWEST

(874-9378) or at your local TRICARE Service Center.

About TriWest

TriWest Healthcare Alliance partners with the Department of Defense to do "Whatever It Takes" to support the health care needs of 2.9 million members of America's military family. A Phoenix-based corporation, TriWest provides access to cost-effective, high-quality health care in the 21-state TRICARE West Region. TriWest is also a proud Corporate Team member of America Supports You. Visit www.triwest.com for more information.



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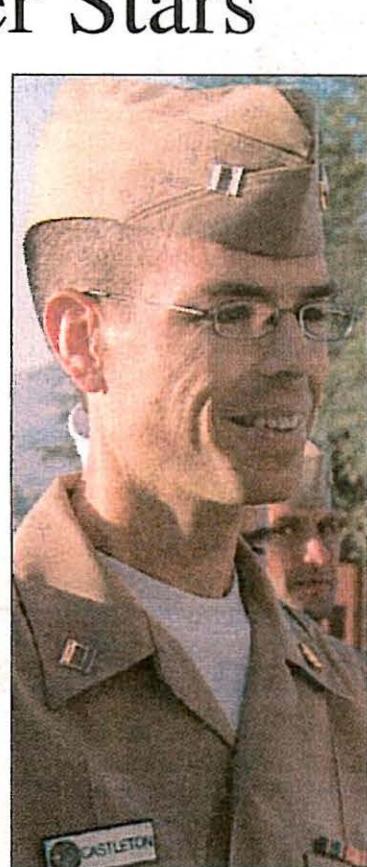
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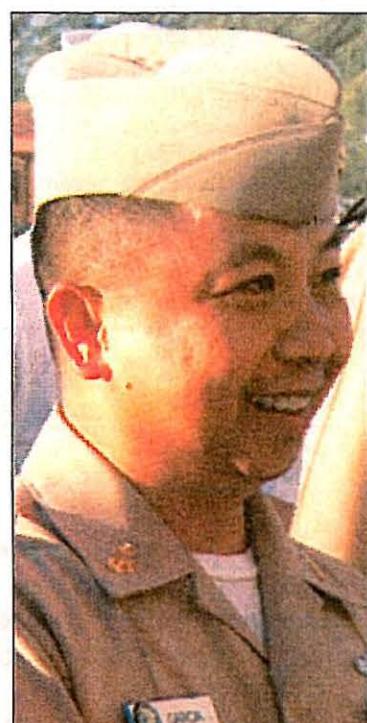
HM2 Ramon Burce, TAD Clerk, receives a Navy and Marine Corps Achievement and Good Conduct Medal.



HM3 Angel Gamboa, Patient Administration, recently took the oath of reenlistment.



Lt. Keith Castleton, Optometry Clinic, receives a 3-6-9 Certificate for having run 900 miles.



SK2 (SW) Roly Roy, Materials Management Department, right, receives his second Good Conduct Medal.

CS2 Lance Negaard, left, Nutrition Management Department, receives his second Good Conduct Medal.



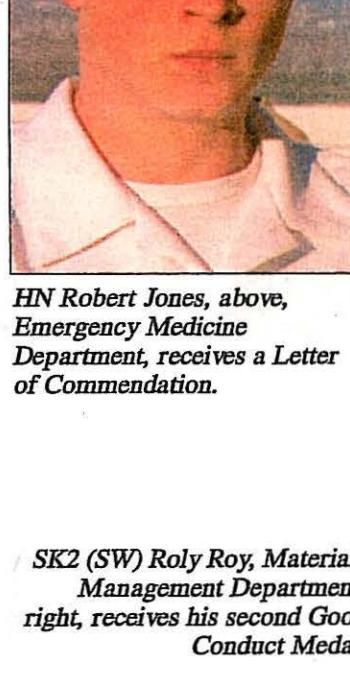
HM3 Jared Chiaia, Optometry Clinic, receives a Navy and Marine Corps Achievement Medal.



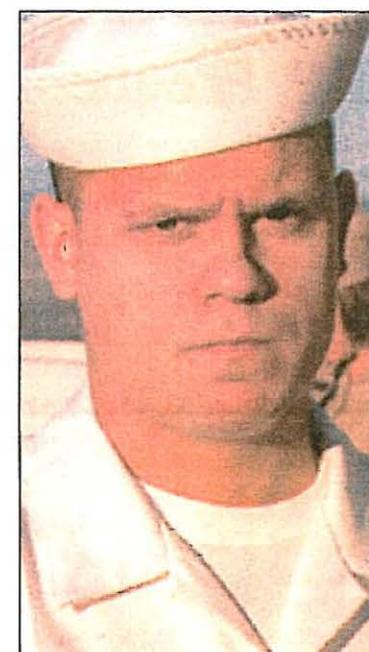
Captain Daniel Hansen, physician and Director of Branch Clinics, receives a Navy and Marine Corps Commendation Medal.



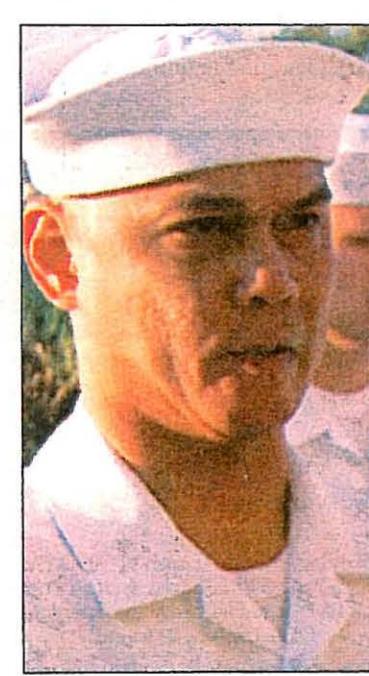
HN Robert Jones, above, Emergency Medicine Department, receives a Letter of Commendation.



Lt. Theresa Clester, Audiologist, receives the Navy and Marine Corps Achievement Medal.



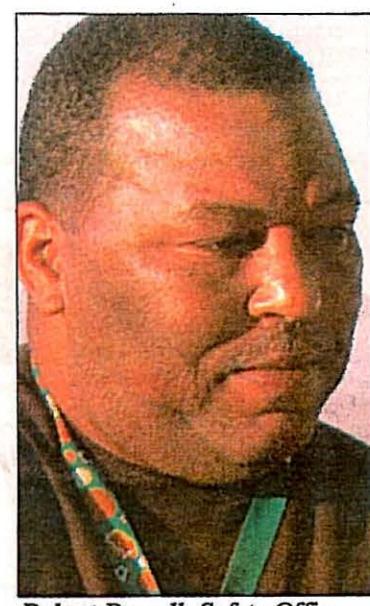
HM3 Piotr Juchniewicz, Primary Care Clinic, receives a Navy and Marine Corps Achievement Medal.



Lt. Rosemary Frieson, General Surgery Clinic, receives the Navy and Marine Corps Commendation Medal.



HM2 (FMF) Daniel Magee, Occupational Health, receives his third Good Conduct Medal.



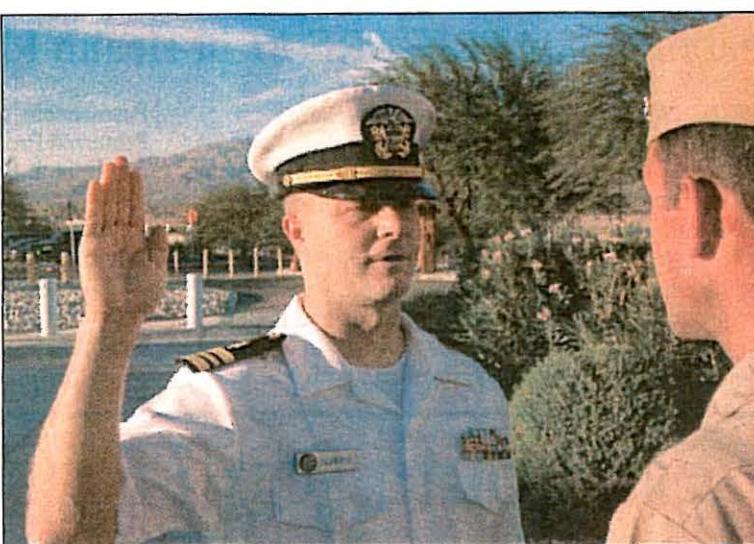
Robert Russell, Safety Office, receives a 15 Year Federal Length of Service Award.



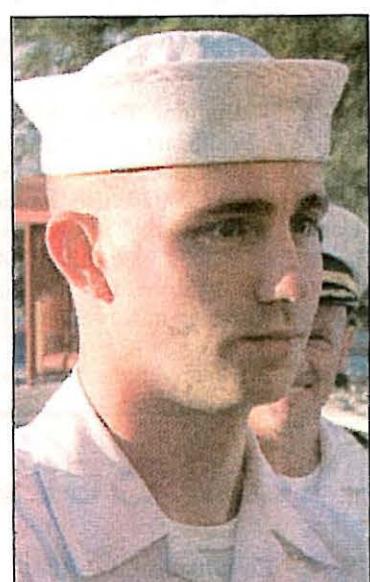
HM3 Devin Schmidt, Mental Health Department, receives a Letter of Commendation.



Lt. Cmdr. Darryl Sol, Emergency Medicine Department takes the oath during his recent promotion ceremony.



Commander Fred Schmitz, Director Clinical Services, takes the oath at his recent promotion ceremony.



HM3 (FMF) Andrew Wagner, Family Medicine Clinic, receives his first Good Conduct Award.



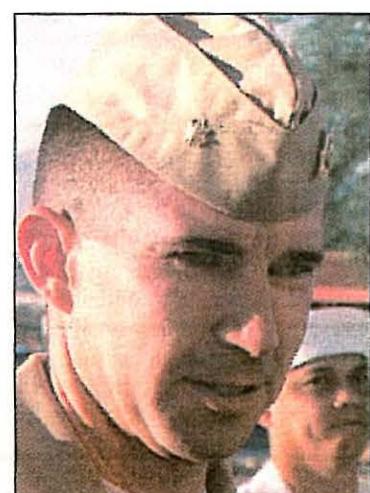
Lt. Cmdr. Ben Schwartz, Pharmacist, takes the oath at his recent promotion ceremony.



HMC (AW/SW) Thomas Tennison, Patient Administration, receives his fourth Good Conduct Medal.



Command Alan Lovejoy, PACU/Surgical Services, takes the oath at his recent promotion ceremony.



Lt. Cmdr. William Warner, OB, receives a 3-6-9 Certificate for running 900 miles.



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Wilson Health Information Finds TRICARE #1 in Health Plan Member Satisfaction for Fifth Year

Washington, DC -- (Sep. 11, 2007). Wilson Health Information, a leading healthcare consumer insights firm, named TRICARE the highest rated Health Insurance Plan in overall satisfaction for the fifth consecutive year in their newly released 2007 WilsonRx Health Insurance Satisfaction Survey. "The Wilson Health Information Survey shows that our military beneficiaries are receiving world class healthcare," stated Vice Admiral Adam Robinson, Jr., Navy Surgeon General. "Our men and women in the military are receiving care and benefits that are among the very best in the world and we in Navy Medicine are proud to serve our Nation's warriors and their families."

TRICARE shared honors on the Wilson Health Information Survey along with Kaiser

Permanente, the #1 Health Maintenance Organization; CareFirst BC/BS the top rated Preferred Provider Organization and the Blue Cross Blue Shield Association the number one in both Point of Service and Major Medical plans.

The 2007 survey, the largest of its kind, was mailed to more than 67,000 households in January and received 33,531 responses from household consumers throughout the Continental United States.

TRICARE members rated their prescription drug benefit and the quality of their medical care highest in importance and satisfaction among the 20 health insurance issues rated.

New Service Debuts for TRICARE Beneficiaries

Washington, DC -- (Sep. 7, 2007). Registering for the TRICARE Mail Order Pharmacy (TMOP) just got easier with the launch of TRICARE's Member Choice Center (MCC). A quick phone call or click of a mouse is all that's needed for Service families and retirees to begin receiving their prescriptions by mail. By using this new service, not only will the beneficiary obtain TMOP enrollment assistance, but the MCC will actually contact the physician to obtain new prescriptions and forward them to the TMOP for processing, making the switch from retail to mail order virtually effortless for

the beneficiary.

"We are always looking for ways to improve customer service and add value for our service members, their families and our retirees," said Vice Admiral Adam Robinson Jr., Navy Surgeon General. "Everyone's time is precious in today's fast-paced, convenience-driven environment. With this service our beneficiaries can save time and money and have their prescriptions delivered right to their door."

Beneficiaries don't have to download forms or wait to have forms mailed; they can go to the "My Benefit" portal on www.tricare.mil or to www.express-scripts.com/TRICARE to com-

plete the registration. There's also the option to call the MCC at 1-877-363-1433 to switch from the retail program to TMOP.

When a beneficiary calls the MCC, a patient care advocate from Express Scripts Inc., TRICARE's pharmacy benefit provider, will explain the program and offer to transfer the beneficiaries current prescriptions to the safe and convenient mail order option. If the beneficiary agrees, Express Scripts Inc. will submit a prescription transfer request to the patient's physician.

The mail order pharmacy can save beneficiaries as much as 66 percent on medications for con-

ditions such as high blood pressure, asthma or diabetes. The beneficiary may receive up to a 90-day supply of most medications for the same amount they would pay for a 30-day supply at a retail pharmacy. Imagine putting two out of every three dollars you are currently spending at a retail pharmacy back into your pocket!

The Department of Defense saves money, too. The department pays 30–40 percent less for prescriptions filled through the mail-order service compared to retail pharmacies. The department's savings could be substantial...\$24 million a year...with just a one percent shift of prescriptions from retail

to mail order.

"As with all health entitlements, there are things our beneficiaries can do to help reduce costs. The military treatment facility is the most cost-effective option, but that's not always available for some of our beneficiaries. Mail order is the next best thing. Having prescriptions filled by mail saves them time and money. It also lowers the cost for the entire military health system and helps keep our military health system efficient and cost-effective," said Robinson.

For more information regarding Navy Medicine, please visit www.navymedicine.med.navy.mil

Enroll to Keep TRICARE Reserve Select Coverage New TRICARE Reserve Select Program Begins October 1

October 1, 2007 marks the first day of a new and simplified TRICARE Reserve Select (TRS) health care plan. Current TRS members who do not enroll into the restructured program risk losing continuous TRICARE coverage for themselves and their families, as active re-enrollment is required and is not automatic. The current TRS program ends on September 30.

Current Enrollees

Eligible members will have immediate continuous TRICARE coverage during the switch from the old plan when they:

1. Log into the Guard and Reserve Web Portal (<https://www.dmdc.osd.mil/appj/trs/>)
2. Confirm eligibility for the new TRS program
3. Print out and sign the TRS Request Form (DD Form 2896-1)
4. Mail the document along with one month's premium payment to TriWest Healthcare Alliance (P.O. Box 42048, Phoenix, AZ 85080-2048) postmarked no later than September 30, 2007

5. Or fax the enrollment form to TriWest (credit card payments only, fill out box 6 on the TRS Request Form) at 1-866-441-8843 no later than September 30, 2007

The monthly premium amount will be automatically adjusted to the new rate (currently \$81 per month for individual coverage and \$253 per month for family coverage) for current TRS enrollees who pay by recurring credit card or electronic funds transfer. The Department of Defense may adjust the premium each January 1.

Visit the "Online Payment" link at www.triwest.com to set up automatic monthly premium payments.

After Active Duty

TRS coverage is suspended while the enrolled member is on active duty or while other-

wise covered by a TRICARE program without a premium (TRICARE Prime, Standard and Extra). Even when suspended, the current TRS coverage will end on September 30. The non-premium TRICARE coverage will be unaffected, but when that coverage ends, the eligible member must enroll into the new TRS program by completing the steps outlined above within 60 days.

For example, if the member's other TRICARE coverage ends on October 28, 2007, TriWest must receive the completed paperwork by December 27, 2007 for the TRS coverage to be made effective on October 29.

Online Resources

A briefing video explaining the new TRS program is now available on TriWest's Guard and Reserve Resource Center. From the www.triwest.com homepage, follow the Guard and Reserve link on the left menu. Navigate to the briefing videos through the Video Library section.

Important Contact Information

Enroll in TRICARE Reserve Select - <https://www.dmdc.osd.mil/appj/trs/>
Difficulty with Accessing Guard and Reserve Portal -- 1-800-3-RAPIDS (800-372-7437)

Reserve Component Points of Contact - www.defenselink.mil/ra/html/tricare.html
TriWest Healthcare Alliance -- www.triwest.com or 1-888-TRIWEST (888-874-9378)
TriWest TRS Enrollment Fax -- 1-866-441-8843
TriWest's Guard and Reserve Resource Center - www.triwest.com/unauth/content/ngr/TRICARE -- www.tricare.mil

A word about Colds and Flu from the Naval Hospital

**By Lt. Virginia Skiba
Robert E. Bush Naval Hospital**

Are you aware that colds, flu, most sore throats, and bronchitis are caused by viruses? Did you know that antibiotics do not help fight viruses? Plus, taking antibiotics when you have a virus may do more harm than good! And did you know that you can get free over-the-counter medications at the hospital pharmacy, without having to see your provider?

What are some viral infections?

A stuffy nose, sore throat, sneezing are usually signs of a cold. Tiredness, fever, headache, and body aches may mean you have the flu. Persistent cough that brings up mucus and makes it hard to breathe may be bronchitis. Body aches, sore throat, nausea, vomiting and diarrhea usually mean you have gastroenteritis (stomach flu).

What are some bacterial infections?

Sore throat, headache, fever, without runny nose may be Strep Throat. Swelling or pain around the eyes, headache, and a dry cough or discharge from the nose may mean you are developing sinusitis. Fever and persistent cough that brings up mucus may be signs of pneumonia.

When do you or your child need antibiotics?

If your doctor determines you have a bacterial infection, he or she may prescribe antibiotics. If you are given antibiotics make sure you take them as prescribed

and finish the full course.

Why don't antibiotics work for colds and runny noses?

Antibiotics kill bacteria, not viruses. Most coughs, colds, and sore throats are caused by viruses. Taking antibiotics for viral infections will not cure the infection, will not keep other people from catching the illness, and will not help you feel better.

What are the dangers of using antibiotics?

Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic. The resistant bacteria are stronger and harder to kill. They can stay in your body and can cause severe illnesses that cannot be cured with antibiotic medications. A cure for resistant bacteria may require stronger treatment, possibly a stay in the hospital and antibiotics given by a needle. In addition, antibiotics can cause unexpected side effects like diarrhea, stomach pain, and yeast infections in women.

When should you or your child see the doctor?

You usually do not have to see your doctor right away if you or your child have signs of a viral infection. But you should call your doctor in these situations:

- Your symptoms get worse after 5-7 days
- Your symptoms last longer than 14 days
- After feeling a little better, you show signs of a more serious problem. Some of these signs are nausea, high fever, chills, chest pain, or coughing thick, dark green or brown mucus.
- You should bring any child

under 2 years old who looks very ill or dehydrated

How do you avoid getting the cold?

- Wash your hands often!
- Avoid people with colds whenever possible.
- Sneeze or cough into a tissue, then wash your hands.
- Don't touch your nose, eyes, or mouth. Germs can enter your body more easily by these parts.

How do you avoid getting the Flu?

A flu shot can lower your

chances of getting the flu. The best time to get the flu shot is from middle of October to November.

Who should get the flu shot?

Almost all people who want to lower their chances of coming down with the flu can get a flu shot.

Flu shots are most important for:

- Children, aged 6-59 months
- Pregnant women
- People 50 years of age and older
- People of any age with cer-

tain medical conditions such as asthma, diabetes, COPD

- People who live in nursing homes and other long term care facilities

- Household contacts of persons at high risk for complications from the flu

- Household contacts of children less than 6 months old

How do you and your child get the flu shot?

The flu vaccine supply should be delivered by early November, please keep checking in with the hospital.

Hospital Services....

Continued from page 1
tinue with some exceptions.

The Emergency Medicine Department will remain open 24-hours a day, 7-days a week with supporting ancillary services from the duty sections of Radiology and Pharmacy services. And of course our inpatient care in the Desert Beginnings, and Multi-Service wards are always open.

Starting October 1st the first appointment in all outpatient clinics will be offered beginning at 8 a.m. The last appointment offered in the morning will be at 11:40 a.m. The first appointment in the afternoon will start at 1 p.m., and the last appointment for the day will be available at 4 p.m.

The hospital's practice of closing clinics on Wednesday afternoons for training and meetings will be discontinued. That training and meeting time will now be reserved for Thursday mornings up to 9 a.m. when the first appointments for the day will begin.

Also normal appointments will increase from 15 minutes to 20 minutes in length.

To obtain an appointment at the hospital you can call Central Appointments at 830-2752 during normal working hours. The hospital is not a walk-in clinic. The clinics are run on an appointment basis, and they try to stay on schedule. If you wake up feeling ill, in most cases you can call the appointment line and obtain a same-day appointment. Please call 830-2752 to cancel appointments if you know you won't be able to make it, so the appointment can be rescheduled for someone else.

For after hour's non-emergent medical information you can call 830-2190 and a duty physician will return your call. Of course for medical emergencies the number to call is 911.

The staff at the hospital are very proud of their accomplishments to date, but during the year they are constantly reviewing the internal processes to improve overall patient satisfaction. If you have suggestions on improving hospital services, contact one of the Customer Services representatives available to you in each clinic of the hospital or call 830-2475.

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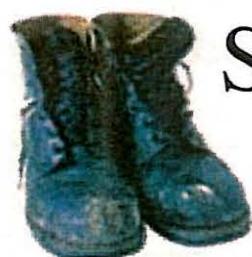
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Super Stars

Continued from page 5



Ensign Steven Starr, Multi-Service Ward, hands off the "Boot" to the newly appointed "Boot Ensign" Cheryl Castro, Labor, Delivery, Recovery Post-partum Care (Desert Beginnings).

Welcome To The Command...

Continued from page 1

time basis until 1967 when it was placed in a caretaker status as a result of the Vietnam War.

The training Center was reactivated as a full-time command on 19 May 1976. Today it is the premier institute for training in mountain and cold weather warfare. The Center is located on California Highway 108 at Pickel Meadow, some 21 miles northwest of Bridgeport, California and 100 miles south of Reno, Nevada, on 46,000 acres of the Toiyabe National Forest.

Under agreement with the US Forest Service the Marine Corps uses the training area to instruct US and international military personnel in mountain and cold weather combat operations. The Center is located at 6,762 feet, with elevations in the training areas ranging to 11,459 feet. During the winter season (October - April), snow accumulation can reach depths of six to



*Lt. Raymond Ruckman,
Optometry Clinic, receives a 3-
6-9 Certificate for running 300
miles.*

eight feet. Further, severe storms can deposit as much as four feet of snow in a 12 hour period. Annual temperatures range from +90 degrees to -20 degrees Fahrenheit.


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